

# HOSPITALITY

WINTER EDITION  
OCT 2022 - JAN 2023

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE  
NUMBER 168

Neptune Statue,  
Motcombe Gardens



[www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)



**OPEN GARDENS**  
Over £18,000 raised!

**ART EXHIBITION**  
What's in store in '22

**QUEEN ELIZABETH II**  
We thank and  
remember her

**MEMBERSHIP FORM INSIDE**

Time to say goodbye...



Outgoing President,  
Dr Peter Nash



Retiring Shop Manager,  
Sue Hitchen

Exciting football sponsorship news!



**PLUS:**  
News from the Office,  
Fundraising Round-ups,  
Dates for the Diary,  
and all Donations

WELCOME TO **CAFFYNS**

**FOR NEW & USED CARS**  
IN THE SOUTH EAST



VOLVO



CAFFYNS  
MOTORSTORE



[WWW.CAFFYNS.CO.UK](http://WWW.CAFFYNS.CO.UK)

# Friends of Eastbourne Hospital



In 2022, we proudly present (for the 17th year), the Autumn

## Art Exhibition and Sale of Paintings

Raising Funds for Eastbourne DGH and our  
2022 Special Project target

### £500,000

- after seven years continuous use  
and the successful treatment  
of hundreds of patients  
Urology needs an updated

## DA VINCI ROBOT

Venue

St. ANDREW'S PREP MEADS, EASTBOURNE

 Alternative entrance with ramps for disabled visitors

BN20 7RP

### Admission Free

Informal Painting Demonstration  
by a well known local artist  
Jaquie Hurwood  
at 2.00 pm Saturday

Art Exhibition printing kindly sponsored by

**PLANHEAD**

CREATIVE PRINT & COPY • SIGNS & DESIGNS

42a Commercial Road Eastbourne BN21 3XF Tel: 01323 739409

Friday October 21st

Preview 6.00 - 8.00 pm  
(by invitation)

Saturday October 22nd  
10.00 am - 4.00 pm

Sunday October 23rd  
10.00 am - 4.00 pm



Eastbourne Motoring Centre Ltd  
In Eastbourne & Uckfield

## Your Motoring One Stop Shop!

**FREE  
MOT  
FOR LIFE**

**ALL  
MAKES  
SERVICING**

**Vauxhall and Suzuki Approved Sales,  
Motability, Service & Repair**


**Plus over 250 pre-loved vehicles for sale, all  
makes and models**


**Fixed price servicing & repair for all cars and  
vans with FREE local collection & delivery**

**FREE MOT test with every service**

**Call us today!**

 **Eastbourne: 01323 720681**

 **Uckfield: 01825 700500**

 **emcgroup.co.uk**



# DATES FOR YOUR DIARY

22-23 OCTOBER

17th Annual Art Exhibition  
St. Andrew's Prep  
Sat Oct 22 & Sun Oct 23  
10.00am - 4.00pm

5 NOVEMBER

FoEH Autumn Fair  
St John's Parish Hall,  
10am - 12pm  
Entry by Donation

11 NOVEMBER

FoEH Quiz Night  
The Fishermen's Club  
7pm, Price £5  
Teams up to 7 people

12 NOVEMBER

Eastbourne Borough FC  
v. St Albans City  
Kick off 3pm  
Match sponsored by FoEH\*

23 NOVEMBER

FoEH AGM  
Victoria Baptist Church,  
Eldon Road, 2pm - 4pm

4 FEBRUARY 2023

Eastbourne Borough FC  
v. Taunton Town  
Kick off 3pm  
Match sponsored by FoEH\*

7 MARCH 2023

Good Friday Fundraiser  
Eastbourne Borough FC  
v. Dartford  
Kick off 3pm  
Match sponsored by FoEH\*

\*Details on p.23

# CONTENTS

The Friends	6
Chairman's Report	7
Help Wanted	7
News from the Office	9
Remembering Queen Elizabeth II	11
17th Annual Art Exhibition	13
AGM Information	14
Peter Nash bids farewell to the Friends	15-16
Saying Goodbye to Sue Hitchen	19
Open Gardens season ends	20-21
Sponsorship of Eastbourne Borough FC	23
Fundraising News & Wine-Tasting	25
Autumn Fair	27
Gifts and Donations	28
Membership Form	29
Gift Aid Declaration and Standing Order	30
Quiz Night	31

# CAF

Charities Aid Foundation



[www.cafonline.org](http://www.cafonline.org)

to donate to  
Friends of Eastbourne Hospital



Friends of Eastbourne Hospital

*Help us help them help you*

Editorial Team : Amy Williams and Sue Duffell  
Email: [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)  
Tel: 01323 749503

Proofreading: Joan and John Wilson

# TANSLEYS LIMITED

# PRINTERS

**High quality  
lithographic  
and digital  
printers**

**T: 01323 891019**

E: [info@tansleysprinters.co.uk](mailto:info@tansleysprinters.co.uk)  
[www.tansleysprinters.co.uk](http://www.tansleysprinters.co.uk)

19 Broad Street  
Seaford  
East Sussex  
BN25 1LS



## FRIENDS OF EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 (220592) and affiliated to  
ATTEND

PATRON / BISHOP OF LEWES, RIGHT REVEREND WILL HAZLEWOOD

### EXECUTIVE

President / DR PETER NASH

Vice-President / VACANT

Chairman / DR HARRY WALMSLEY

Vice-Chairman / DR MARGARET LONSDALE

Treasurer / PETER SKILBECK

Office Manager / SUE DUFFELL

Fundraising & Publicity Manager / AMY WILLIAMS

Temporary Shop Manager / RAI HITCHEN

Assistant Shop Manager / TRACIE SHEPHERD

Friends of the Eastbourne Hospital, District General Hospital,  
Kings Drive, Eastbourne, East Sussex, BN21 2UD

Tel. No. 01323 749503

e-mail: [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net) [www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)

### COMMITTEE MEMBERS

MRS S BOYCE-SHARPE, MRS A CAFFYN MBE, MRS R CAMERON,  
MRS T HAMBLIN, MRS C LOCK, MR H PARKER, MRS B PHILLIPS,  
MR G STONE, MRS G WOOLLEY

Hon Solicitor: Mrs C Busuttil

Auditors: Watson Associates, Chartered Accountants

# CHAIRMAN'S REPORT



In my first report since the death of Queen Elizabeth II, I would like to acknowledge our gratitude to her for the service she gave, for her recognition of the dedication, courage, compassion and skill of the NHS, and for the example she was to us all. Along with the rest of the nation, our condolences are with her family.

Even though Covid still hovers in the background it has been great to get our events back to a sense of normality. Attendance at our Open Gardens has been very good and the season raised over £18,000. As the summer holidays end, our autumn programme of events is ready to go - the Art Exhibition, Autumn Fair, Quiz, and another Dine around the World are already booked in.

The fundraising for the major project will be completed by the time of the AGM on 23rd November. My personal thanks to all of our members and the Eastbourne community for your support in raising £500K for this wonderful project. The Trust will soon let us know their ideas for next year's projects, and I hope to be able to announce which one we will supporting at the AGM.

It is with sadness that I announce that Sue Hitchen has retired as manager of our shops. Sue has worked tirelessly for many years for the Friends and has hugely increased the profits over that time. I wish Sue a very happy retirement from all of the trustees of the Friends.

Another retiree is Peter Nash who will step down as President at the AGM. Peter has been President for 7 years and was Chair for 10 years prior to that. Under Peter's leadership and guidance the Friends has grown as an organisation and I am personally grateful for all the support he has given me during my time as Chair.

We have not had many departmental bids for equipment for a while. However we have agreed to support the refurbishment of the staff restaurant to make it a more usable and pleasant environment for staff. We have used the £10K that remained in our Covid fund to support this.

Once again my thanks to all our members for your continued support of the Friends and I hope to see some of you at this autumn's events, including our AGM.



## REQUEST FOR STORAGE SPACE

Bruce and Ann who run our very popular bookstalls at events and some open gardens are moving shortly and although they are still keen to carry on running the bookstalls will lose their storage space. So we would love to hear from someone who may be able to offer any dry accessible storage space they could use, maybe part of a garage or some other outbuilding you may have. If you think you can help, please ring the office.

## DONATIONS FOR AUTUMN FAIR

We are holding our Autumn Fair on Nov 5th, and would be very grateful for any donations of cakes, toys, new gifts or bathroom items to sell. For the full list of all stalls, please see our flyer on p.27. If you have any items to donate, please do contact the office.

# WILL WRITING SERVICE

Usual fee per Will £165 plus VAT

Free Wills Brochure available on request

**Barry & Co**  
SOLICITORS

Bay Terrace, Pevensey Bay, East Sussex BN24 6EE

**(01323) 766370 or 768382**

Contact: [info@barryandco.org](mailto:info@barryandco.org)

## Hankham Lodge

Residential Care Home

Hankham Hall Road, Westham, Pevensey BN24 5AG



*A delightful home from home  
personally run by Mr & Mrs P Sims*

**01323 766555**

[info@HankhamLodge.com](mailto:info@HankhamLodge.com)



# NEWS FROM THE OFFICE

## FRIENDS PURCHASE TEAM HOODIES FOR BERWICK WARD

In March this year, the Friends received a donation in lieu of funeral flowers, with the specific request that it be used for the benefit of the brilliant team on Berwick Ward. After consulting the ward, they asked us to fund the production of new team hoodies - which help everyone feel part of a team, and would replace some they'd had made previously which have long since worn out.

It's taken this long to report the purchase as, unsurprisingly, no-one was bringing them in during the sweltering days we saw this summer, but we caught some of the team on a cold spell and insisted they model for us (pictured). Not quite making it into shot are a coffee machine and a sofa also funded for the ward by the Friends. Somewhere to sit, solidarity and a good cup of coffee - money well spent!



## OUR THOUGHTS ARE WITH THE FAMILY OF JOHN CARDEN

We were sorry to hear of the recent death of John who, along with his wife Mary have over the years collected literally tons and tons of bottle tops, which have been sold by weight and recycled into things like traffic cones and garden furniture, with most of the proceeds coming to the Friends. John was a typical example of a selfless volunteer who was passionate about his cause and we offer our condolences to Mary and the rest of his family, who are going to continue this good work in his memory.

## FREE WILLS MONTH - TO BE CONFIRMED

Pending confirmation from local solicitors, we hope to run another Free Wills Month in March 2023. This will give our supporters the opportunity to have their will written or updated at no cost by a participating solicitor. If proceeding, full details will be confirmed in the next issue of Hospitality.

## FRIENDS PURCHASE IOPI DEVICES FOR STROKE REHABILITATION

We received thanks from the Speech and Language Therapists in the Community Stroke Rehabilitation Team for the purchase of two IOPI (Iowa Oral Performance Instrument) devices. These devices will be used in patient therapy to measure tongue strength and endurance, and lip strength and endurance.

This aids these therapists by documenting deficits that justify treatment, differentiating between muscle weakness and problems of motor control, and providing biofeedback during isometric oral motor exercise programs. They also motivate patients by showing them their progress from therapy.

# **Bed & Breakfast from £60**

## **OCKLYNGE MANOR**



Mill Road, Eastbourne BN21 2PG  
[www.ocklyngemanor.co.uk](http://www.ocklyngemanor.co.uk)  
[ocklyngemanor@hotmail.com](mailto:ocklyngemanor@hotmail.com)  
**Tel: 01323 734121**

## **“TWEED”**

### **The Emilie Galloway Home of Rest**

Manager: Jacqueline Bradley



Situated near the Grand Hotel, local shops and the sea front, Tweed is a superior quality care home for 21 residents run by a charitable trust established in 1930. The trust seeks to keep its fees to a minimum and tailored to the needs of the resident, whilst providing a high standard of care and accommodation.

**01323 733223**

Email: [info@tweedcarehome.co.uk](mailto:info@tweedcarehome.co.uk) [www.tweedcarehome.co.uk](http://www.tweedcarehome.co.uk)  
Tweed, The Emilie Galloway Home of Rest  
8/10 Silverdale Road, Eastbourne BN20 7AL

# IN MEMORIAM

## FROM THE FRIENDS OF EASTBOURNE HOSPITAL

Along with the rest of the nation, and indeed world, all at the Friends were very saddened at the passing of our late Queen. Her lifetime commitment to her role and her profound sense of duty, align with everyone working in, or supporting, the NHS. She was an example to everyone she met, and to those who were never lucky enough to have that pleasure.

Queen Elizabeth II supported many charities throughout her long life and reign. So much has been written about her that we all feel we knew her personally, and she was such a familiar part of our lives that she will be truly missed. Friends of Eastbourne Hospital send condolences to King Charles III and the rest of the Royal Family who we know will make every effort to ensure her spirit lives on.



## FROM THE CHIEF EXECUTIVE OF THE EAST SUSSEX HEALTHCARE TRUST

When I think back on the life of the Queen, I'm struck by her life-long dedication and strong sense of public duty, something that resonates with all of us working in the NHS. It was only a few months ago that the Queen recognised the role of the NHS in dealing with COVID-19, by awarding the George Cross.

Only the third time the George Cross has been given to a collective body since its introduction in 1940, it was granted in recognition of "acts of the greatest heroism or of the most courage in circumstances of extreme danger."

As the country marks the remarkable 70 year reign of Queen Elizabeth II and hears the many tributes to her extraordinary life, we have our own memories, recollections and for some a deep sadness.

Our thoughts and deepest sympathies are with the Royal Family.

*"It is with great pleasure, on behalf of a grateful nation, that I award the George Cross to the National Health Services of the United Kingdom.*

*You have our enduring thanks and heartfelt appreciation."*

**ELIZABETH R.**





EARLSFIELD  
COURT  
CINNAMON LUXURY CARE

TAKE A  
PERSONALISED  
TOUR  
BOOK TODAY



## Discover Peace of Mind at Earlsfield Court

As well as offering exceptional residential care and short stays, Earlsfield Court has a dedicated dementia community where our trained team celebrates the uniqueness of every individual with specialist care, engaging activities and uplifting living experiences.

**At Earlsfield Court, people will always come first.**

To find out more and to arrange a personalised visit  
please call Sandy on 01424 863497  
or email [earlsfield.haa@cinnamoncc.com](mailto:earlsfield.haa@cinnamoncc.com)

 @EarlsfieldCourtCare

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Earlsfield Court Care Home  
Brooklands Road, Little Common, Bexhill-on-Sea, TN39 4FQ  
[www.cinnamoncc.com/earlsfieldcourt](http://www.cinnamoncc.com/earlsfieldcourt)

\*Photography taken pre COVID-19



# FOEH 17TH ANNUAL ART EXHIBITION

ST. ANDREW'S PREP, MEADS, 10 AM - 4 PM  
SATURDAY 22ND AND SUNDAY 23RD OCTOBER 2022

After a beautiful summer, we are hoping the fine weather will continue for our Autumn Art Exhibition at St. Andrew's Prep. We are very grateful to the Headmaster Mr Tom Gregory for kindly allowing us to stage the Exhibition in the school gym, and very much appreciate the support from the Society of Eastbourne Artists for lending us their screens to display the paintings. Over 275 original paintings by local artists have been entered. There are many different subjects and mediums. They will be on display and for sale over the weekend.

Two well-known local artists are generously donating their paintings to raise funds for our 2022 project, a Da Vinci Robot for Urology at the Eastbourne District General Hospital, Mr Robert Stevens for the Raffle Prize and Mr Alan Everard for the Silent Auction.

Do come along on Saturday October 22 at 2pm to watch Mrs Jackie Hurwood give a painting demonstration. For the first time, a member of the Wannock Art Group is going to film Jackie and project Jackie's demonstration on to a large screen enabling the audience to have an uninterrupted view of Jackie as she creates her picture. We are looking forward to this brilliant way of showing a demonstration.

Do come along to admire a wonderful show of 275 paintings. Admission is free and you and your friends will have the opportunity to vote for your favourite picture. All the paintings are for sale with the artist donating 20% of the sale price to the Friends 2022 fundraising project.

*Ann Caffyn,  
Art Exhibition Organiser*



Robert Stevens, with his painting  
'Summer of '22'



Friends of  
Eastbourne  
Hospital

# Annual General Meeting

**WEDNESDAY  
23 NOVEMBER  
2022**

2 PM  
VICTORIA BAPTIST CHURCH  
ELDON ROAD, BN21 1UE

For more details,  
contact the Friends Office on:

**01323 749503**  
**[esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)**  
**[www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)**

## CHAIR

**Dr Peter Nash**

President

## REPORT OF THE EXECUTIVE COMMITTEE

**Dr Harry Walmsley**

Chairman

## TREASURER'S REPORT

**Peter Skilbeck**

Treasurer

## GUEST SPEAKER

**Dr Peter Rimington**

Consultant Urologist

## AGENDA

1. Welcome and Apologies for Absence
2. Minutes of meeting held on 24 November 2021 and matters arising
3. Chair of Trustees Dr Harry Walmsley to present Report of the Executive Committee for year 2020/2022
4. Treasurer Peter Skilbeck to present Treasurer's Report for the year ended 31 August 2022
5. Appointments of officials and retiring Trustees
  - Appointment of President
  - Election/Re-election of Trustees for a further 3 years
6. Appointment of Hon. Solicitor
7. Appointment of Auditors
8. Guest speaker – Dr Peter Rimington, Consultant Urologist
9. Any other business
10. Date of next meeting

**Refreshments will  
be served after the  
meeting**

**All are  
welcome**

# PETER NASH BIDS FAREWELL TO FOEH



It is with very mixed feelings that I have decided to stand down as President and a Trustee of the Friends at our AGM in November. However, after 45 years of continuous association with the DGH, the time is right.

I first came to Eastbourne in 1967, having graduated from Sheffield University Medical School, on attachment from the Royal Air Force, as a House Surgeon and subsequently House Physician at the old St Mary's, and Princess Alice Hospitals, before returning and completing my service with the RAF, where I trained as an anaesthetist.

In March 1977, on retiring from the RAF, I returned to Eastbourne as a Consultant Anaesthetist at the DGH shortly before its official opening by HRH Princess Alexandra. The next 20 years were both challenging and, at times frustrating. It saw the development of services which were in their infancy – the development

of intensive care services from the occasional need into a fully functioning and very busy Intensive Care Unit, and the introduction of pain services both in the form of a Pain Clinic and the widening of a pain relief service in Maternity, being examples from my own speciality. At the same time there was a big expansion in both numbers and the training experience of Consultants across all specialities, bringing with them newer ideas and procedures. Minimally invasive surgery was introduced. Medical Specialties also had a similar expansion and newer procedures e.g. cardiac catheterisation. All of this required additional funding and expensive equipment – in many cases assisted by the Friends. Behind the scenes the requirement for support and other diagnostic services increased, as a result Pathology and Radiology services had to be expanded, the latter also taking on more interventional procedures – also requiring expensive equipment, again supported by the Friends.

Management was not exempt, with numerous initiatives, principal of these was the creation of Hospital Trusts – on looking back the DGH thrived during this period. In the late 1990's plans were introduced to merge Trusts and combine their resources. This amalgamation of Trusts ultimately led to the rationalisation of services between sites e.g. The DGH and Conquest Hospital. Much has, of course, been written and said about this in the past and, no doubt, in the future.

Many requests for new equipment were being made directly to the Friends, and in 2003 I was invited to join the trustees with the remit of liaising with the management over these requests to ensure they were both necessary and

not duplicating equipment already within the hospital. I was both pleased and honoured by this request, and at the same time began to learn and be amazed at just how much the Friends were doing in supporting the hospital, not just in equipment purchasing, but also the support of the staff, the patients and their visitors much of which went, and still goes, unnoticed. In 2005, I was appointed Chairman and, on stepping down, after 10 years invited to become your President.

There have been many highlights during my time as a Trustee – far too many to record here. We have supported every department in the hospital, but two achievements stand out for me – the expansion and refurbishment of Pevensey Ward, and the purchase of the robot for Urology ( the latter alone costing £1million and making the department one of the leading centres in the country). There have been many others, ITU, Radiology, Post-operative Recovery Ward, A&E are but a few, whilst provision of comforts for relatives has not been neglected including a refurbishment of the Hospital Chapel as an area for prayer and silent reflection including a multi-faith room. We have also introduced talks for the public on medical matters in lay terms which, unfortunately, had to be suspended during the pandemic although it is hoped to be able to re-introduce them next year. In addition a

generous legacy has enabled us to set up a fund for the benefit of staff, including bursaries to extend their knowledge and skills and, through these, the benefit of patients.

The Friends were first formed in April 1948 (a few months before the NHS) and, ever since, the Friends have been there to support the local Hospital services and will do so for as long as they are needed. I believe that need is now greater than ever. In 2018, we celebrated our 70th anniversary with the occasion being marked by the unveiling of a plaque by HRH Princess Alexandra 41 years after she formally opened the DGH – I was present at both events!

Looking back, I thoroughly enjoyed my career both clinically and latterly through the Friends. I feel proud to have played a part in the expansion and development of the DGH and extremely honoured to have been both your Chairman and President. The Friends are a great organisation and make a very significant contribution to the Hospital, none of which is achievable without the support of our members and the generosity of the local population – you have been magnificent and I can step back with the knowledge that with your continued support, the Friends will continue to go from strength to strength.

Many thanks, *Peter Nash*



*The opening of Pevensey Ward in 2015*



*The purchase of the original Robot for Urology*



*HRH Princess Alexandra unveiling the plaque to celebrate 70 years of the Friends*



# CASH OR AUCTION

in Association with Eastbourne Auctions Your Local Saleroom with the International Reputation

Bring items along for a **FREE Friendly Advice**

**CASH OFFER** or entry into our forthcoming Auction

To book an appointment or use the Royal Mail **FREE** postal service  
call Rosie on **01323 431444** option 2-1-1



Sold for  
**£9,750**



## Items Wanted

- Gold and Silver Jewellery in any condition
- Costume Jewellery
- Watches working or not
- Coins and Medals
- Oriental items – even when chipped or damaged
- Wines & Spirits
- Antiques & Collectables
- Any quirky items




# Eastbourne Auctions

[www.eastbourneauction.com](http://www.eastbourneauction.com)

Auction House, Finmere Road, Eastbourne BN22 8QL



**FULL Probate and House Clearance Service in Operation**

A photograph of an elderly couple embracing outdoors. The woman, on the left, has short white hair and is smiling warmly. The man, on the right, has grey hair, wears glasses, and has his arms around her. They are both wearing light-colored, textured sweaters. The background is a soft-focus outdoor scene with green foliage and bright sunlight.

# Retirement Apartments

Style and practicality,  
now & long term in the future



Independence within a supportive community

Marlborough Court, Southfields  
Road, Eastbourne,  
East Sussex, BN21 1BT  
Contact 01323 749924  
or visit  
[retirementsecurity.co.uk](http://retirementsecurity.co.uk)

# SAYING GOODBYE TO SUE HITCHEN

It really is the passing of an era with the retirement of Sue Hitchen, who has been the Manager of the Friends shops since 2010. If you have ever visited the shop the chances are that you will have either been served by Sue or seen her rushing around in the background. Like many of us Sue started as a volunteer, initially on the trolley service. But it soon became apparent that she was destined for greater things, and before long she took over the rotas and was running the trolley teams.

When the previous shop manager left Sue applied for the job and was successful with her application, and has been running the shop ever since. In this time the job has grown to include managing the Flower Shop (which is currently closed), expanding the trolley service to include a seven day a week morning round for the staff with sandwiches, drinks and snacks for those that cannot get to the staff restaurant and more recently the Friends Radiotherapy Café.

Sue has always gone the extra mile, will cover for any absent volunteer and over the years has put in thousands of extra hours to deal with any unexpected situation that has cropped up. She has ensured that the shop is always fully stocked with what the customers want, and this was tested to the limit during the early stages of Covid-19 when supplies were so hard to come by.

During all that time Sue made sure that the shop remained open for part of each day so that the hard working staff could get a sandwich or little treat to keep them going.

As if that isn't more than enough to keep one person busy, Sue was always there at the fairs and coffee mornings, either selling stock from the shop, looking after the cake stalls or acting as Front of House at the Cream Tea to welcome visitors.



Surrounded by cards, gifts and many well-wishers, Sue Hitchen says goodbye

She would also be the person serving the drinks after the Education Lectures, and one of the greatest personal supporters of any event that was organised by the Friends, encouraging many of the volunteers to come along. Another valuable 'side-line' is that for the past few years Sue has organised a series of popular quizzes for the Friends, with a regular following throughout the town. We very much hope these will continue.

It would be impossible to say how much Sue has contributed financially to the Friends over the years, and everyone truly thanks her for all that she has done. Sue will be a very hard act to follow but as we move on we must look for a new manager, who will have big boots to fill.

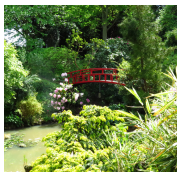
Finally everyone at the Friends, from the Trustees, office and volunteers thank Sue for her hard work, friendship and support and wish her a long and happy retirement.

**WORDS BY SUE DUFFELL**

# OPEN GARDENS 2022



Raffle winners Jan and John with their hanging basket at Knightsbridge House



Open garden season 2022 ended with a magnificent day at Folkington Place. This very dry year has been difficult for gardeners, but despite that all the gardens looked wonderful. We are so grateful to the garden owners for their hard work and their willingness to throw open their gardens and kitchens to raise funds for the Friends.

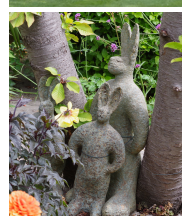
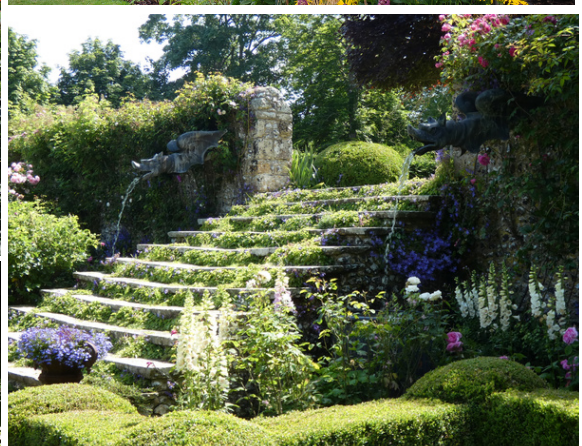
We have been lucky to have a succession of warm, sunny days and visitors attended in large numbers throughout the season, sometimes braving blistering heat. Open gardens are an important fundraiser for us and we appreciate your continuing support and generosity.

New this year, the Ukeholics Ukelele Band, a local group who play at charity events, performed for us at a few of the gardens. Visitors and volunteers enjoyed their enthusiastic playing and we send them our thanks.

Our volunteers turned out in force for another year. Many people have been helping for literally decades, but are always happy to welcome new members to the team. If you are interested in helping out please contact the Friends office.

We hope you have enjoyed visiting the gardens as much as we have enjoyed volunteering for them. Planning for 2023 will shortly be underway. See you in 2023!

*The Open Garden Team*





## The Friends' Shop

*Stock up for the cold spell this winter with cosy knits and comfy nightwear from the Friends' Shop.*

Please do ask staff for different sizes available.

The Friends Shop is situated in the foyer in the main entrance of the DGH. Parking is available in the hospital car park, and is free of charge for the first 30 minutes.



The Friends of Eastbourne Hospital

# Needs YOU

**Volunteers urgently required particularly weekend staff, for 3-hour shifts**

If you have any time to volunteer for the Friends, or know someone else who might benefit from doing so please contact 01323 749503 or [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net) for details

***Help us help them help you***

# THE FRIENDS SPONSOR EBFC JUNIORS

We saw it when Gareth Southgate's 'lucky waistcoat' sent waistcoat sales soaring during the 2020 Euros; when the nation roared with the Lionesses as they won the tournament for England in 2022; and we will soon see it again as we count down to the World Cup in Qatar this year. It's the unifying force of football, and the way it brings communities and countries together in support of their squad.

This message, and the sense of community, is at the heart of Eastbourne Borough Football Club (EBFC). The club is not only recognised locally as a community club, but has also received several awards over recent years in recognition of it. It holds Community Interest Club (CIC) status, which means it is a limited company conducting its business for the benefit of the community and not just for private advantage. It was the first football club to gain this, and it takes its role very seriously.

We are therefore delighted to announce that, against the backdrop of the 'One Club, One Community' ethos, the Friends of Eastbourne Hospital will be sponsoring the EBFC junior team for two seasons. We see the work that both bodies do as being at the heart of Eastbourne's community and we are very excited about the mutual support that we will be giving each other over this time.

For members and supporters of both the Friends and Eastbourne football, it means dates for your diaries and plenty of fun on and off the pitch! We're kicking things off on Nov 12th

## 2022/2023 EBFC FIXTURES SPONSORED BY THE FRIENDS:

**12TH  
NOV**

**EBFC 1ST TEAM  
VS  
ST ALBANS CITY**

**4TH  
FEB**

**EBFC 1ST TEAM  
VS  
TAUNTON TOWN**

**7TH  
APRI**

**EBFC 1ST TEAM  
VS  
DARTFORD**

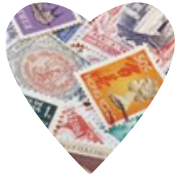
with the first of our sponsored matches which will see a DGH team take to the pitch at half-time in a fundraising penalty shoot-out as the hospital puts its best players forward to get one past the Borough's goalie. This will be repeated in the second and third of this season's sponsored matches – the dates and details are above. We'll also be holding our own events at the club, set to include favourites such as quiz nights, fun days, an Easter fundraiser to coincide with the April match which falls on Good Friday, and plenty more as we finalise the programme.

This is one for everyone – young and old, families and individuals, supporters of the Friends, of football and of Eastbourne. Watch this space as we announce more details, and please do get in touch for further information on how to get tickets for our sponsored matches.

We'd love to see you there!



# WE CURRENTLY COLLECT...



## POSTAGE STAMPS AND POSTCARDS

All kinds of stamps are collected and sold to dealers, private buyers and via Eastbourne Auctions, who support the FoEH. Please do not remove stamps from postcards, which are sold separately.



## NEW GIFT ITEMS / UNWANTED PRESENTS

New unopened/unused gifts are sold at our summer and Christmas fairs. We also welcome unopened bottles of wine, spirits, chocolates and jams etc with time before their use by date.



## KNITTING WOOL

Our volunteers make many items from donated wool including: baby clothes, toys and Twiddlemuffs. If you would like to knit for us, please enquire in the Friends Shop.



## SILVER, JEWELLERY AND BAGS

We collect any items including broken watches and costume jewellery for sale on our silver and jewellery stall. Eastbourne Auctions support us by auctioning the more valuable items and selling bags to collectors.



## HABERDASHERY ITEMS

Bits and pieces such as: ribbons, buttons, beads and textured fabrics are given to volunteers to sew onto Twiddlemuffs for dementia patients and for card making



## NEW BATHROOM PRODUCTS

We take unopened/unused items such as make-up, creams, soaps, hair products and gift packs that we sell at our summer and Christmas fairs.



## PLASTIC MILK BOTTLE TOPS

Clean milk bottle tops are recycled by FoEH volunteers and made into everyday items such as traffic cones and children's play equipment. Please ONLY collect milk bottle tops - we cannot accept any other types of bottle tops.



## INKJET PRINTER CARTRIDGES

We receive £1 for every inkjet cartridge that is recycled with Recycle4Charity. Please bring cartridges into the Friends Shop or download a label for free postage at [www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)



**PLEASE NOTE WE ARE CURRENTLY UNABLE TO TAKE GREETING CARDS**

## HOW TO DONATE

Please bring your donations to the Friends Shop or Office at the DGH. Alternatively, call the office on 01323 749503 and we can discuss possible collection options.



# FUNDRAISING NEWS

Many thanks go to the **South Downs Singers** who donated £200 from their summer concert, along with an extra £60 from plants that were sold by members on the day.



**Jeanette Evans** continues to sell donated jewellery items at **Eastbourne Auctions**, we are so grateful to the people that donate jewellery, Eastbourne Auctions who look after us so well and Jeanette who sorts it for us.

**Hailsham Artists Network** held two events over the summer, with the profits from refreshments sales amounting to just under £300, which they donated to the Friends.

**Stamp sales** made £846.76 in July. Please do keep all stamps coming in, and don't forget to include your details when sending in collections as we can let you know how much you raised, or if you submitted anything of special interest.

## THE BATTLE OF THE BOTTLES: WINE-TASTING WITH A DIFFERENCE!

Sparring from the very start, the banter between our two wine buffs began with low-blows about each other's outfit choices before they even moved on to the more important issue of the Muscadet! It was set to be quite the contest, and indeed, wine experts Tom Surgey and Henry Butler battled hard to convince the crowd that each of their wine choices was the superior wine across three rounds. Neck and neck after round two, it was all to pour for in the final 'red' round but in the tightest count of the evening it was Henry Butler who lifted the trophy. Thanks go to the Hawthorns for having us, to all our supporters who came, tasted and voted, and to the wine team for bringing the battle (and the bottles) and for donating 10% of their sales on the night to the Friends. The evening raised over £800 with the full total to be confirmed when wine sales are in.



*Our services include:*

- Companionship
- Housekeeping
- Medication Support
- Washing and Dressing
- Personal Care
- Dementia Care
- End of Life Care
- Transport and Errands
- Post-operative Support
- Live-in Care

*And much more...*



**CONTACT US FOR A FREE CARE ASSESSMENT  
FOR YOU OR YOUR LOVED ONE**

 **01323 414 658**

 [eastbourne@rightathome.co.uk](mailto:eastbourne@rightathome.co.uk)

 [www.rightathome.co.uk/eastbourne](http://www.rightathome.co.uk/eastbourne)



**Dementia  
Friends**

An Alzheimer's Society initiative

Inspected and rated

Good



## *SUSSEX SECRETARIES*

### **DO YOU NEED HELP?**

FOR REASONABLE HOURLY RATES WE CAN PROVIDE SUPPORT  
FOR YOUR BUSINESS OR IN YOUR HOME



Call us to discuss ways in which we can help you.

**Corinne Gibbons**

**Tel: 01424 892463**

**Mobile: 07940 886123**



**SUSSEX SECRETARIES**



Friends of  
Eastbourne Hospital

# AUTUMN FAIR

*...and coffee morning*

**Saturday 5th November**  
**10.00-12.00**  
**St John's Parish Hall,**  
**Meads Street**

Entry by donation, raising funds for:  
Eastbourne DGH and the 2022 Special Project

Stalls include:

- \* Gifts \* Cakes and Marmalade \* Bathroom \*
- \* Patchwork \* Jewellery \* FOEH Shop \*
- \* Stamps \* Raffle \* Cards \*
- \* Toys \* Books \* Silk Flowers \*

For further details call the Friends Office on  
01323 749503 or visit [www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)

Start your  
Christmas  
shopping  
early!

# GIFTS AND DONATIONS

## Donations in lieu of Flowers

We have received, with gratitude donations totalling £920 in memory of: Steve Adams, John Bushnell, Jean Crummack, John Hughes, Joyce Katnic, Richard Millington, Kenneth Ovenden, Alan Smith, Jill Smith and Lynette Snow.

## Legacies

We have received with gratitude, legacies from the estates of Joan Hainge, Dora Jones and Anne Spiers.

## Recently agreed gifts to the Eastbourne District General Hospital

Contribution towards refurbishment of staff restaurant	£10.000
<b>Total</b>	<b>£10,000</b>

Leaving a gift to charity in your Will is an amazing way for your generosity to last beyond your own lifetime.



If you would like to leave a legacy in support of  
**FRIENDS OF EASTBOURNE HOSPITAL**  
please ask your Solicitor to include it in your Will.



Friends Office staff will be pleased to provide additional information.  
01323 749503 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)  
[www.friendsdgh.org.uk/how-can-i-help/legacies](http://www.friendsdgh.org.uk/how-can-i-help/legacies)

FRIENDS OF EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 No 220592

Please enrol me as a Member.

I enclose the sum of/I have completed the Banker's Order form.

Annual Subscription .....	£	:	£10
Renewal of Annual Subscription .....	£	:	£10
Life Membership.....	£	:	£30
Donation.....	£	:	

.....  
£ \_\_\_\_\_

If you are a tax payer please complete the Gift Aid Declaration form overleaf.  
The Friends can reclaim tax on your membership subscription and any donation.

Please do not feel under any obligation, but if you can help in either of the following ways please tick the appropriate box.

- Volunteer work in the DGH .....
- Help with fund raising activities.....

Mr/Mrs/Miss/Ms .....

Address .....

..... Postcode .....

Telephone ..... Date.....

Email .....

Please return to Hon Membership Secretary  
 Friends of Eastbourne Hospital  
 District General Hospital  
 Kings Drive  
 Eastbourne BN21 2UD  
 Tel 01323 749503

*Data Protection Act 1998*

*Please note that the Charity uses computer systems to record membership information. Under the Data protection Act 1998, it is necessary for you to be informed of this. The information you provide on your application and renewal form will only be used by the Charity's officials and task holders to conduct Charity business and will not be supplied to outside bodies in any form. If you have any questions or concerns over the data held, please contact the Secretary.*

## GIFT AID DECLARATION

Boost your donation by 25p of Gift Aid for every £1 you donate  
Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.  
Your address is needed to identify you as a current UK tax payer.

**Please complete the information below and return it to:**

The FoEH, Friends Office, Eastbourne DGH, Kings Drive, Eastbourne BN21 2UD

I confirm that I would like all my donations, past, present and future to:  
*FRIENDS OF EASTBOURNE HOSPITAL* (Charity No: 220592)  
to be treated as Gift Aid donations.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

### My Details:

Title..... First name..... Surname .....

Full Home address.....

..... Post Code .....

Date.....

### Please notify the Charity if you:

- \* want to cancel this declaration
- \* change your name or home address
- \* no longer pay sufficient tax on your income and/or capital gains.

**If you pay Income Tax at the higher or additional rate** and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

---

## STANDING ORDER

To .....

..... Sort Code: ..... A/c No.....

(Name and address of your Bank)

Please pay to Barclays Bank Plc (20-22-67) 9 High Street, Colchester COIIDA for the account of Friends of Eastbourne Hospital (No. 10039667) the sum of

£ : ( )

(Amount in figures) (Amount in words)

on ..... 20..... and thereafter on the 01 September each year until otherwise notified.

Signature.....

Date.....

Full Name in Capital Letters (Mr/Mrs/Miss/Ms) .....

Address.....

..... Post Code .....

# Quiz Night

Friday 11th November  
7pm for 7.30pm

The Fishermen's Club  
Royal Parade, Eastbourne

Teams of up to 7 People

Tickets £5

Contact the Friends Office for tickets  
or more information on:

(01323) 749503 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)  
[www.friendsdgh.org.uk/events](http://www.friendsdgh.org.uk/events)



Please note, food will not be served at this event but there is a food vendor outside the venue and all guests are welcome to purchase food there to eat during the Quiz.

No other meals are permitted, although guests may bring small savoury or sweet snacks for the evening. Drinks are available to purchase from the bar.

Scan the QR code below for an  
easy way to donate  
via our online donation partner  
**Charities Aid Foundation**



or visit:  
[www.cafonline.org](http://www.cafonline.org)

*Click on 'Donate' and search  
'Friends of Eastbourne Hospital'*



Thank You

*Help us help them help you*